



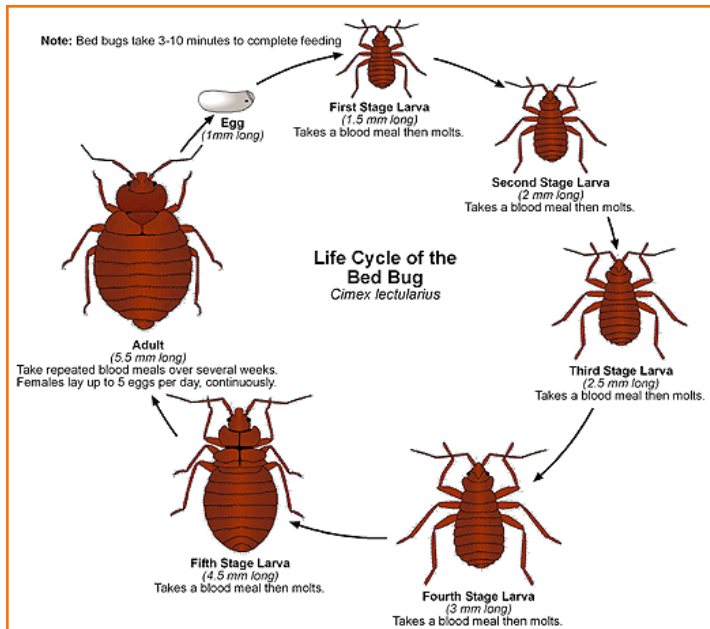
## Bed Bugs: History, Health, & Henrico County

Article by: Cindy McKelvy, Environmental Health Specialist

### History

With the widespread use of dichlorodiphenyltrichloroethane (DDT) during the 1940's and 50's, bed bugs were essentially eradicated from developed countries. The current worldwide resurgence in bed bugs is likely due to an increase in international travel and an increase in bed bug resistance to pesticides. The common bed bug (*Cimex lectularius*) has multiple life stages (Figure 1).

Figure 1: Bed bug life stages



Once bed bugs reach adulthood, they must take regular blood meals to successfully reproduce. Under optimal conditions, the total developmental process from egg to adult can occur in 37 days, and adults may live up to one year. Adult bugs are about ¼ of an inch long, have flat bodies, and are brownish red in color. Under optimal conditions, the total developmental process from egg to adult can occur in 37 days, and adults may live up to one year. Adult bugs are about ¼ of an inch long, have flat bodies, and are brownish red in color (Figure 2).

Figure 2: Bed bug (*Cimex lectularius*)



### Health

Bed bugs have been found to travel many yards to reach their hosts. Therefore, when looking for bed bugs, one must not confine their search solely to the bed area but must inspect the entire room. To feed, a bed bug probes the skin with their mouthparts until a blood source is found. When the skin is probed, the bed bug secretes an anesthetic and anticoagulant. Secretions in the bed bug's saliva cause an itchy, irritated skin reaction (Figure 3). Most bite reactions occur immediately, but some take up to 14 days. The bed bug will feed for 5 to 10 minutes then return to its hiding spot to digest. Bed bugs typically require a blood meal every 3 to 7 days. Bed bugs not been shown to transmit disease.

Figure 3: Skin Reaction to Bed Bug bites.



Bed bugs aggregate together in hiding spots (such as mattresses) for the majority of the day, but become active to feed at night, usually between midnight and 5:00 AM. A common myth is that bed bugs are attracted to dirt and grime, but in fact they are attracted to warmth, blood and carbon dioxide. However, clutter offers more hiding spots. One way to reduce hiding spots is to encase mattresses and box springs in protective covers.

### Henrico County

In 2010, bed bugs were identified in 6 Henrico County tourist establishments. To report a suspected bed bug infestation, a certified pest control operator should be contacted to perform evaluation and eradication.

### Story resources:

Va. Dept. of Agriculture -

<http://www.vdacs.virginia.gov/pesticides/bedbugs.shtml>

Env. Protection Agency - <http://www.epa.gov/bedbugs/>

Bed Bug Central - <http://www.bedbugcentral.com/>

## Healthy Dental Habits are Easier Than You Think

**Content From:** American Dental Hygienists' Association (ADHA) and HCHD Dental Clinic Staff

**Story by:** Kevin Pannell, Emergency Planner

### General Dental Hygiene Tips

Studies show that brushing teeth for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis. In addition to brushing, proper flossing removes plaque and food particles in places where a toothbrush cannot easily reach — under the gumline and between teeth. Because plaque build-up can lead to tooth decay and gum disease, daily flossing is highly recommended.

Studies reveal that only 16% of 961 periodontal patients comply with the recommended maintenance schedules. It is important for pediatricians, family practitioners, dentists, and school health programs (public or private) to regularly reinforce the importance of flossing and its relation to maintaining good dental hygiene.



In addition to the recommendations above, patients should visit their dentists every 6 months to get a check-up and receive a cleaning. Along with home maintenance and regular check-ups, diet plays a significant role in dental health. Cutting back on foods high in sugar content, such as sodas, juices & candy may also reduce the development of cavities. Children and adults are advised to choose healthy alternatives, such as fruits, vegetables, and popcorn that are not only good for teeth, but boost overall health as well.

### The Henrico Health Dental Clinic Services

The Dental Clinic at the Henrico County Health Department (HCHD) provides services to children and adolescents between the ages of 2 ½ through 18 years old. Payments for clinic services are determined on a sliding scale, meaning payments are adjusted based on the patient or family's income and ability to pay. Both Medicaid and private insurances are accepted. The HCHD Dental Clinic provides the services below:

- X-Rays
- Fillings
- Stainless Crowns
- Extractions
- Pulpotomies (prevents a dental abscess)
- Headstart Exams
- Fluoride Treatments
- Dental sealants for school age children
- Dental Education programs in the schools & day care centers

HCHD Dental Clinic hours are 7:30 AM to 4:30 PM, Monday through Friday. Please call 804.501.4658 to make an appointment during the hours above.

#### Story Resources:

**HCHD Dental Clinic -**

<http://www.co.henrico.va.us/departments/health/medical-services/clinics/dental-clinic>

**ADHA Site -** <http://www.adha.org/ndhm/index.html>

**FREE**

### SEASONAL FLU VACCINE

- When:** November 9, 2010 from 11:00 AM to 7:00 PM
- Where:** Richmond International Raceway (RIR) – Colonial Building  
600 E. Laburnum Avenue  
Richmond, Virginia 23222
- What:**
- FREE seasonal flu vaccinations to the general public.
  - Vaccine is available for all ages.
  - No appointment necessary.

### Select Cases of Reportable Diseases – September 2010

Case Type	# Investigations
Rabies exposure	17
Tuberculosis (TB)	13
GI Illnesses (Salmonellosis, Giardiasis, Campylobacteriosis, etc.)	12
Rapidly reportables (Measles, Hepatitis A, Invasive Group A Strep, etc.)	7
Varicella	5
Vectorborne (Lyme, Malaria, Rocky Mountain Spotted Fever, etc.)	2
Outbreak	1

*\*List is not comprehensive of all reportable diseases investigated by Henrico County Health Department personnel. Contact us for more information at 804.501.4522.*

Main Office: 804.501.4522 / Fax: 804.501.4232 / Website: [www.HenricoHealth.org](http://www.HenricoHealth.org)

After Hours Emergency Number: 1.866.531.3068

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